

# Yes

there's Wellness on *your* Horizon!



Horizon Blue Cross Blue Shield of New Jersey



Horizon  
Wellness

## One company. Three customizable packages. Countless options.

Introducing our easy-to-use and comprehensive wellness program – **all under one umbrella**. It's tailored to your needs, can evolve and grow over time and offers three levels so you can determine exactly what you need to create a culture of wellness and reap the benefits. Plus, each package can act as an incentive for talent recruitment and employee retention. You pick, we handle the rest.

### Your Plan

As a part of your Medical program with Horizon, your company currently has access to:

#### Wellness Start

Our basic wellness package focuses on employee health and productivity, including:

**My Health Manager:** Tailored online tracking and assessment tools, recommendations and educational content, powered by WebMD®

**Healthy Living Discounts:** Fitness, healthy eating, lifestyle and personal care savings through Blue365®

**Online Health Education:** Monthly wellness webinar, WebMD® videos and other online resources

YOU CAN ALSO ADD

#### PRECIOUS ADDITIONS®:

Pregnancy resources, including a maternity health coach\* and counseling from registered nurses

\*only available with Nurse-line

### Level Up!

Amplify your offering, reaping even more benefits with these customizable packages:

#### Wellness Engage

Engages employees with wellness incentives in and out of the office and is great for attracting new talent and helping with employee retention:

- **Worksite Wellness:**
  - Biometric screenings
  - On-site nutritional resources
  - On-site health education seminars
- **Incentive Platform:** Rewards for healthy initiatives, like screenings and seminars
- **bFit:** Gym incentives with mobile tracking and cash rewards
- **Flu Shots:** Convenient clinics that come right to you
- **Fitness Device Integration:** Connects personal activity monitors or medical devices to a portal to track health and wellness progress

#### Wellness Improve

Makes an impact on your employees and your organization by focusing on risk evaluation, assessment and coaching to foster lasting health benefits:

- **One-on-One Coaching:** Personalized counseling for those at high, moderate and low risk for health issues
- **Smoking Cessation Program:** A 12-week program that can include prescription therapy
- **Obesity Management Program:** Weight loss resources and coaching from registered dietitians, registered nurses and exercise specialists

● Program add-on

### Did you know?

A 1% reduction in excess weight, high blood pressure, glucose and cholesterol levels saves \$83 to \$103 annually in medical costs per person.

– Centers for Disease Control and Prevention

Use **My Health Manager** to help track and encourage healthy habits.

About 80% of adults experience back pain at some point in their lifetime, leading to job-related disability and missed workdays.

– National Institute of Neurological Disorders and Stroke Low Back Pain Fact Sheet

Encourage exercise with our **bFit** gym incentives.

Each smoker costs their employers an estimated \$5,800 to \$10,125 annually.

– 2013 Ohio State University study

Help your employees kick the habit with our **Smoking Cessation Program**.